

GUIDE TO WOUND SELF-CARE

This guide presents information complementary to the explanations you have been given on how to care for your wound. It can be used by the user or their informal caregiver.

Read this document before caring for your wound. If you need to handle it, wash your hands before continuing your treatment.

STEP-BY-STEP CHECKLIST



1. Prepare the necessary materials on a clean surface



2. Wash your hands



3. Remove and discard the dressing



4. Wash your hands



5. Clean the wound. Observe the wound and skin



6. Apply a new dressing



7. Wash your hands

DETAILED STEPS

1. PREPARE THE NECESSARY MATERIALS ON A CLEAN SURFACE

- Make sure the chosen surface is clean and has been cleaned ahead of time:
 - keep pets **away**;
 - **switch off** fans;
 - **close** any windows;
 - keep a garbage bag **handy**.
- Prepare the necessary materials according to the treatment plan.

2. WASH YOUR HANDS

- **IMPORTANT:** Take off any rings and jewelry.
- Use soap or an alcohol-based disinfectant.



If you have single-use medical gloves, you can put them on after washing your hands.

3. REMOVE AND DISCARD THE DRESSING



4. WASH YOUR HANDS

If you use gloves, discard them. Wash your hands and put on a new pair of gloves.

5. CLEAN THE WOUND

- Clean the wound and surrounding skin according to the treatment plan.



- Observe the wound and surrounding skin. If there are any signs of infection, notify your health-care professional.

5.1. SIGNS OF INFECTION TO WATCH OUT FOR

- Increased **redness** and/or **heat** around the wound (over 2 cm).
- Increased **flow** or change in flow **color** (greenish, beige).
- **Fever** higher than 38°C taken orally (adult).
*Child or elderly person: Check with the nurse if in doubt.
- **Foul odor** from the wound after cleaning
- New **pain** or increased pain
- **Swelling** around the wound
- Significant increase in **wound size**

6. APPLY A NEW DRESSING

Follow the treatment plan guidelines.



7. WASH YOUR HANDS

If you used medical gloves, dispose of them and then wash your hands.

If you have any questions, please ask your health-care professional.

CONTACT INFORMATION

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